

## **A Highly Bioavailable Coenzyme Q-10/Cyclodextrin Complex**

### ABSTRACT OF THE DISCLOSURE

The present invention is based on the unexpected discovery that CoQ-10 can be made commercially in a highly bioavailable form suitable for topical, sublingual formulations, or for oral ingestion. One such bioavailable form is a water dispersible freeze-dried CoQ-10/ $\gamma$ -cyclodextrin complex. Complexation in general with  $\gamma$ - or  $\beta$ -cyclodextrin improved the cellular uptake of CoQ-10 as compared to water dispersible liposomal or micellar forms of CoQ-10. Thus, the present invention includes a highly bioavailable CoQ-10/cyclodextrin complex for use in the nutritional supplement, oral care, and pharmaceutical industry.

5